

拍数: 48 墙数: 2 级数: Low Improver
编舞者: IMSUN CHOI (KOR) & Jisung Bae (KOR) - May 2025
音乐: KOOL - Forestella (포레스텔라)



intro: 8

Sequence : A,A,B, A,B,A, A,B,A, B

[Part A: 32c]

SEC 1 : STOMP(RF, LF), SWIVEL(RF, LF), SAILOR, 1/4 LEFT TRUN WITH SAILOR

- 1, 2& Stomp RF side to the right, Stomp LF side to the left - swivel RF heel in
- 3&, 4 Swivel RF in place - swivel LF heel in, Swivel LF heel in place
- 5&6 Cross RF behind LF, Step LF next to RF, Step RF side to the right
- 7&8 Sweep LF behind RF with 1/4 turn to the left - Step RF next to LF - Step LF slightly forward

SEC 2 : CHARLESTON, 1/4 RIGHT TURN WITH JAZZ BOX

- 1, 2 Step RF forward, Kick LF froward
- 3, 4 Step LF back, Touch RF back
- 5, 6 Cross RF over LF, Turn 1/4 to the right with step LF back
- 7, 8 Step RF side to the right, Cross LF over RF

****Option for counts 1-4 in 3wall, 6wll- Push RF forward & raise your arms up,
Sit back on LF bending knees & Pull your arms down and clench your fist,
Recover on RF & your hands down, Step LF next to RF**

SEC 3 : DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH, WALK BACK WITH HEEL GRIND WALK BACK WITH HEEL GRIND, COASTER

- 1, 2 Step RF diagonal forward, Touch LF next to RF
- 3, 4 Step LF diagonal back, Touch RF next to LF
- 5, 6 Walk RF back with heel grind, Walk LF back with heel grind
- 7&8 Step RF back, Step LF next to RF, Step RF forward

SEC 4 : SIDE, BEHIND TOUCH WITH BENDING, KICK, BALL, STEP, TURN WITH HEEL BOUNCE(X3), JUMP WITH CLAP

- 1, 2 Step LF side to the left, Touch RF behind LF with bending LF
- 3&4 Kick RF diagonal - ball RF next to LF, Step LF forward
- 5, 6 1/8 turn with heel bounce, 1/4 turn with heel bounce
- 7, 8 1/8 turn with heel bounce(6:00), Jump with clap

[Part B:16c]

SEC 1 : STEP WITH SWAY, SWAY , SWAY, CLAP, SWAY, SWAY , SWAY, TOUCH with CLAP

- 1, 2 Step RF side to the right with sway, sway to the left,
- 3, 4 Sway to the right, Clap your hands over your right head
- 5, 6 Sway to the left ,Sway to the right
- 7, 8 Sway to the left, Touch RF next to LF with clap your hands over your left head

SEC 2 : V STEP, FORWARD, PIVOT 1/2 TURN TO THE L, PIVOT 1/2 TURN TO THE L

- 1, 2 Step RF diagonal forward(out), Step LF diagonal forward(out)
- 3, 4 Step RF diagonal back(in), Step LF next to RF(in)
- 5, 6 Step RF forward, Pivot 1/2 turn to the left, Step RF forward,
- 7, 8 Pivot 1/2 turn to the left

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